

Chicken and Veggie Medley Rice Bowls

Makes: 4 servings

Ingredients:

- 2 large chicken breasts, cubed
- 1 cup bell peppers, chopped
- 1 cup broccoli, cut into florets
- ½ cup red onion, chopped
- 2 cloves of garlic, minced
- 2 tablespoons olive oil
- ¼ teaspoon black pepper
- 1 teaspoon Italian seasoning
- ½ teaspoon paprika



Method:

1. Pre-heat oven to 450F. Line a baking sheet with aluminum foil (or parchment paper) and set aside.
2. Combine spices in a small dish.
3. Place the chicken and veggies in the baking sheet. Sprinkle all the spices and garlic evenly over the chicken and veggies. Drizzle with olive oil.
4. Bake for 15-20 minutes or until the chicken is tender.
5. Place ½ cup of cooked white rice into 4 individual containers.
6. Divide chicken and veggies evenly on top of the rice. Cover and store in the refrigerator for 3-4 days or in the freezer for up to 2 months.

Reference: Recipe adapted from www.gimmedelicious.com

Nutrition Facts per serving:

226 calories

21 grams of protein

50 milligrams of sodium

429 milligrams of potassium

186 milligrams of phosphorus